

## Writing Prompts for Physical Education

1. In pairs or groups, have students develop an activity appropriate for their class. Write the directions for the activity/game. Then present/teach it to the class. Afterward, they write a critique of their presentation.
2. Define competition in a personal way.
3. You're the team captain. Your team members don't get along. How do you get them to work together as a team?
4. You're a member of a team which is always bickering. How can you get them to work together?
5. Several people in your P.E. class are really uncoordinated and no one wants to include them in the activities. What can you do to make this a positive experience for everyone?
6. Write a lifetime plan for staying physically fit. Your plan should be one that you can/will actually follow.
7. Things I never thought I could do (before this class) and now I can. How did you accomplish this? (ex. Shoot a foul shot, run a mile, etc.)
8. Explain why you do or don't perform your best in competitive situations.
9. Define physical education. What is it? What should it be? Bring personal experiences into your definition.
10. Develop a pre-season training program for a sport of your choice. Keep in mind different positions may require different types of training within the same sport. You must include information covering the following areas:
  - a. Nutrition
  - b. Strength Training
    - i. Major lifts
    - ii. Auxiliaries
  - c. Agility/speed/quickness training
  - d. Cardiovascular training
  - e. Flexibility development
  - f. Skill development

You do not need to include a time line on length of the training period. You need to include, however, the reasons you would be using each component of the training program. (St. Helens, OR)

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